



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 15032, Fish, grouper, mixed species, cooked, dry heat

Report Date: June 25, 2017 18:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	73.36	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	494	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	24.84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
<strong>Minerals</strong>													
Calcium, Ca	mg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	475	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	46.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	0.381	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.350	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	165	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
<b>Lipids</b>													
Fatty acids, total saturated	g	0.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.268	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Amino Acids</b>													
Tryptophan	g	0.278	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	2.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.266	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.970	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.839	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.487	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.731	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.503	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.709	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.878	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	1.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
<b>Other</b>													